



12. NORDHÄUSER CITYLAUF  
Nordhausen / 18.09.2016

Detailed evaluation

Benke, Lyn

Club: Plasma Service Europe GmbH  
Number: 27

Course: 1.10 km  
Schnupperlauf

Category:  
weibliche Kinder U10 (8 und 9 Jahre)

Total time: 5:12

Speed: 11.54 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 21 (of 132)

Rank in course/Women: 11 (of 61)

Best time in course: 4:36

Rank in category: 3(of 22)

Best time in the category: 4:55